

## Tim Krabbe The Rider

Nine short stories about bicycles, bike riders, and bike culture

Plump, grumpy, slumped on the couch, and going nowhere fast at age 16, Phil Gaimon began riding a bicycle with the grand ambition of shedding a few pounds before going off to college. He soon fell into racing and discovered he was a natural, riding his way into a pro contract after just one season despite utter ignorance of a century of cycling etiquette. Now, in his book *Pro Cycling on \$10 a Day*, Phil brings the full powers of his wit to tell his story. Presented here as a guide--and a warning--to aspiring racers who dream of joining the professional racing circus, Phil's adventures in road rash serve as a hilarious and cautionary tale of frustrating team directors and broken promises. Phil's education in the ways of the peloton, his discouraging negotiations for a better contract, his endless miles crisscrossing America in pursuit of race wins, and his conviction that somewhere just around the corner lies the ticket to the big time fuel this tale of hope and ambition from one of cycling's best story-tellers. *Pro Cycling on \$10 a Day* chronicles the racer's daily lot of blood-soaked bandages, sleazy motels, cheap food, and overflowing toilets. But it also celebrates the true beauty of the sport and the worth of the journey, proving in the end that even among the narrow ranks of world-class professional cycling, there will always be room for a hard-working outsider.

The first in-depth look at Lance Armstrong's doping scandal, the phenomenal business success built on the back of fraud, and the greatest conspiracy in the history of sports Lance Armstrong won a record-smashing seven Tours de France after staring down cancer, and in the process became an international symbol of resilience and courage. In a sport constantly dogged by blood-doping scandals, he seemed above the fray. Then, in January 2013, the legend imploded. He admitted doping during the Tours and, in an interview with Oprah, described his "mythic, perfect story" as "one big lie." But his admission raised more questions than it answered—because he didn't say who had helped him dope or how he skillfully avoided getting caught. The Wall Street Journal reporters Reed Albergotti and Vanessa O'Connell broke the news at every turn. In *Wheelmen* they reveal the broader story of how Armstrong and his supporters used money, power, and cutting-edge science to conquer the world's most difficult race. *Wheelmen* introduces U.S. Postal Service Team owner Thom Weisel, who in a brazen power play ousted USA Cycling's top leadership and gained control of the sport in the United States, ensuring Armstrong's dominance. Meanwhile, sponsors fought over contracts with Armstrong as the entire sport of cycling began to benefit from the "Lance effect." What had been a quirky, working-class hobby became the pastime of the Masters of the Universe set. *Wheelmen* offers a riveting look at what happens when enigmatic genius breaks loose from the strictures of morality. It reveals the competitiveness and ingenuity that sparked

blood-doping as an accepted practice, and shows how the Americans methodically constructed an international operation of spies and revolutionary technology to reach the top. It went on to become a New York Times Bestseller, a Wall Street Journal Business Bestseller, and win numerous awards, including a Gold Medal for the Axiom Business Book Awards. At last exposing the truth about Armstrong and American cycling, *Wheelmen* paints a living portrait of what is, without question, the greatest conspiracy in the history of sports.

"Beginners is ultimately about more than learning. It's about the possibilities that reside in all of us." --Daniel H. Pink, New York Times best-selling author of *When, Drive, and To Sell is Human* The best-selling author of *Traffic* and *You May Also Like* gives us an inspirational journey into the transformative joys that come with starting something new, no matter your age Why do so many of us stop learning new skills as adults? Are we afraid to fail? Have we forgotten the sheer pleasure of being a beginner? Or is it simply a fact that you can't teach an old dog new tricks? Inspired by his young daughter's insatiable need to know how to do almost everything, and stymied by his own rut of mid-career competence, Tom Vanderbilt begins a year of learning purely for the sake of learning. He tackles five main skills (and picks up a few more along the way), choosing them for their difficulty to master and their distinct lack of career marketability--chess, singing, surfing, drawing, and juggling. What he doesn't expect is finding himself having rapturous experiences singing Spice Girls songs in an amateur choir, losing games of chess to eight-year-olds, and dodging scorpions at a surf camp in Costa Rica. Along the way, he interviews dozens of experts to explore the fascinating psychology and science behind the benefits of becoming an adult beginner. Weaving comprehensive research and surprising insight gained from his year of learning dangerously, Vanderbilt shows how anyone can begin again--and, more important, why they should take those first awkward steps. Ultimately, he shares how a refreshed sense of curiosity opened him up to a profound happiness and a deeper connection to the people around him--and how small acts of reinvention, at any age, can make life seem magical.

In this highly original history of the world's most famous bicycle race, Christopher S. Thompson, mining previously neglected sources and writing with infectious enthusiasm for his subject, tells the compelling story of the Tour de France from its creation in 1903 to the present. Weaving the words of racers, politicians, Tour organizers, and a host of other commentators together with a wide-ranging analysis of the culture surrounding the event including posters, songs, novels, films, and media coverage Thompson links the history of the Tour to key moments and themes in French history. Examining the enduring popularity of Tour racers, Thompson explores how their public images have changed over the past century. A new preface explores the long-standing problem of doping in light of recent scandals.

THE RIDER describes one 150-kilometre race in just 150 pages. In the course of the narrative, we get to know the

forceful, bumbling Lebusque, the aesthete Barthélemy, the young Turk Reilhan and the mysterious 'rider from Cycles Goff'. Krabbé battles with and against each of them in turn, failing on the descents, shining on the climbs, suffering on the (false) flats. The outcome of the race is, in fact, merely the last stanza of an exciting and too-brief paean to stamina, suffering and the redeeming power of humour. This is not a history of road racing, a hagiography of the European greats or even a factual account of his own amateur cycling career. Instead, Krabbé allows us to race with him, inside his skull as it were, during a mythical Tour de Mont Aigoual.

Offers ninety-two humorous and insightful rules of cycling, from tips on what gear to use and how to enforce proper road etiquette as well as stories from the sport's legendary figures.

From the author of the cult favorite Pro Cycling on \$10 a Day and Ask a Pro, the story of one man's quest to realize his childhood dream, and what happened when he actually did it. Like countless other kids, Phil Gaimon grew up dreaming of being a professional athlete. But unlike countless other kids, he actually pulled it off. After years of amateur races, hard training, living out of a suitcase, and never taking "no" for an answer, he finally achieved his goal and signed a contract to race professionally on one of the best teams in the world. Now, Gaimon pulls back the curtain on the WorldTour, cycling's highest level. He takes readers along for his seasons in Europe, covering everything from rabid, water-bottle-stealing Belgian fans, to contract renewals, to riding in poisonous smog, to making friends in a sport plagued by doping. Draft Animals reveals a story as much about bike racing as it is about the never-ending ladder of achieving goals, failure, and finding happiness if you land somewhere in-between.

Robert Penn has saddled up nearly every day of his adult life. In his late twenties, he pedaled 25,000 miles around the world. Today he rides to get to work, sometimes for work, to bathe in air and sunshine, to travel, to go shopping, to stay sane, and to skip bath time with his kids. He's no Sunday pedal pusher. So when the time came for a new bike, he decided to pull out all the stops. He would build his dream bike, the bike he would ride for the rest of his life; a customized machine that reflects the joy of cycling. It's All About the Bike follows Penn's journey, but this book is more than the story of his hunt for two-wheel perfection. En route, Penn brilliantly explores the culture, science, and history of the bicycle. From artisanal frame shops in the United Kingdom to California, where he finds the perfect wheels, via Portland, Milan, and points in between, his trek follows the serpentine path of our love affair with cycling. It explains why we ride. It's All About the Bike is, like Penn's dream bike, a tale greater than the sum of its parts. An enthusiastic and charming tour guide, Penn uses each component of the bike as a starting point for illuminating excursions into the rich history of cycling. Just like a long ride on a lovely day, It's All About the Bike is pure joy- enriching, exhilarating, and unforgettable.

A book like no other, Paul Fournel's Need for the Bike conducts readers into a very personal world of communication and

connection whose center is the bicycle, and where all people and things pass by way of the bike. In compact and suggestive prose, Fournel conveys the experience of cycling--from the initial charm of early outings to the dramas of the devoted cyclist. An extended meditation on cycling as a practice of life, the book recalls a country doctor who will not anesthetize the young Fournel after he impales himself on a downtube shifter, speculates about the difference between animals that would like to ride bikes (dogs, for instance) and those that would prefer to watch (cows, marmots), and reflects on the fundamental absurdity of turning over the pedals mile after excruciating mile. At the same time, Fournel captures the sound, smell, feel, and language of the reality and history of cycling, in the mountains, in the city, escaping the city, in groups, alone, suffering, exhausted, exhilarated. In his attention to the pleasures of cycling, to the specific "grain" of different cycling experiences, and to the inscription of these experiences in the body's cycling memory, Fournel portrays cycling as a descriptive universe, colorful, lyrical, inclusive, exclusive, complete.

In *My World*, Peter Sagan, one of cycling's greatest riders of all time, gives bike racing fans a glimpse behind the scenes of his cycling life, revealing the full extent of his dedication to competition and determination to win. With four Tour de France points jersey victories, three road race world championships, the 2018 Paris-Roubaix, and multiple spring classics among Sagan's palmares, the world of cycling agrees that this intense yet fun-loving rider is among the most dominant and fun-to-watch riders of his generation. Inside *My World*, Sagan discusses his relationship with fellow riders, his heroes, and how he copes with the expectation of success. He also shares technical details about his preparation, dissects the art of the sprint, and analyzes the tactics that play out during a fiercely competitive stage or race.

At the start of the 137-kilometre Tour de Mont Aigoual, Tim Krabbé glances up from his bike to assess the crowd of spectators. 'Non-racers,' he writes. 'The emptiness of those lives shocks me.' Immediate and gripping from the first page, we race with the author as he struggles up the hills and clings on during descents in the unforgiving French mountains. Originally published in 1978, *The Rider* is a modern-day classic that is recognised as one of the best books ever written about the sport. Brilliantly conceived and best read at a break-neck pace, it is a loving, imaginative and passionate tribute to the art of cycle racing.

Pete Jordan, author of the wildly popular *Dishwasher: One Man's Quest to Wash Dishes in All Fifty States*, is back with a memoir that tells the story of his love affair with Amsterdam, the city of bikes, all the while unfolding an unknown history of the city's cycling, from the craze of the 1890s, through the Nazi occupation, to the bike-centric culture adored by the world today. Pete never planned to stay long in Amsterdam, just a semester. But he quickly falls in love with the city and soon his wife, Amy Joy, joins him. Together they explore every inch of their new home on two wheels, their rides a respite from the struggles that come with starting a new life in a new country. Weaving together personal anecdotes and

details of the role that cycling has played throughout Dutch history, Pete Jordan's *In the City of Bikes: The Story of the Amsterdam Cyclist* is a poignant and entertaining read.

*Cyclogeography* is about the bicycle in the cultural imagination and also a portrait of London as seen from the saddle. In the great tradition of the psychogeographers, Jon Day attempts to depart from the map and reclaim the streets of the city. Informed by several grinding years spent as a bicycle courier, he lifts the lid on the solitary life of the courier. Traveling the unmapped byways, shortcuts, and urban edgelands, couriers are the declining, invisible workforce of the city. The parcels they deliver keep things running. For those who survive the crushing toughness of the job, the bicycle can become what holds them together.

The humorous account of an amateur's participation in the Tour de France documents his resolve to complete all 2,256 miles of the competition, his use of hay fever pills for ephedrine boosts, his addition of cheap wine to his water bottle, and his encounters with some of the race's top heroes, including Lance Armstrong. Reprint. 15,000 first printing.

Delivers a weight-loss plan designed to help you lose 30, 50, or even 100 pounds.

\*\*\*SHORTLISTED FOR THE TELEGRAPH SPORTS BOOK AWARDS 2020 – CYCLING BOOK OF THE YEAR\*\*\* \*\*\*LONGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR 2019\*\*\* 'A joy.' – Ned Boulting Every nation shapes sport to test the character traits it most admires. In *The Beast, the Emperor and the Milkman*, committed Belgophile and road cycling obsessive Harry Pearson takes you on a journey across Flanders, through the lumpy horizontal rain, up the elbow juddering cobbled inclines, past the fans dressed as chickens and the shop window displays of constipation medicines, as he follows races big, small and even smaller through one glorious, muddy spring. Ranging over 500 years of Flemish and European history, across windswept polders, along back roads and through an awful lot of beer cafes, Pearson examines the characters, the myths and rivalries that make Flanders a place where cycling is a religion and the riders its lycra-clad priests.

In this updated edition of the highly acclaimed *Tour de France*, Graeme Fife sets the 2015 race in the context of the event's remarkable history, which stretches back to July 1903. Named one of the top 5 sports books of the year by both the *Times* and the *Independent*, this meticulously researched guide has a pacy narrative which paints an irresistible portrait of this extraordinary competition and a colourful picture of the men who have given the Tour its enduring universal appeal. *Tour de France : The History, The Legend, The Riders* is laced with tales of great solo performances, amazing fortitude, terrible misfortune and magnificent triumphs, and will include the stories behind the headlines of the 2015 race.

The intimate biography of the charismatic Tour de France winner Marco Pantani, now updated to include the 2014 and 2015 investigation into Pantani's death. National Sporting Club Book of the Year Shortlisted for the William Hill Sports Book of the Year Award 'An exhaustively detailed and beautiful book . . . a fitting, ambivalent tribute - to the man, and to the dark heart of the sport he loved' *Independent* On Valentine's day 2004, Marco Pantani was found dead in a cheap hotel. It defied belief: Pantani, having won the rare double of the Giro d'Italia and the Tour de France in 1998, was regarded as the only cyclist capable of challenging Lance Armstrong's dominance. Only later did it emerge that Pantani had been addicted to cocaine since 1999. Drawing on his personal encounters with Pantani, as well as exclusive access

to his psychoanalysts, and interviews with his family and friends, Matt Rendell has produced the definitive account of an iconic sporting figure. Written for the experienced road cyclist, this illustrated book shows team riders how to ride in a race, explains the importance of position, and discusses individual and team racing tactics. Each type of road race -- one-days, stage races, criteriums -- is covered, along with the technical riding skills and mental strategies needed to succeed. Also included is information on handling prologues, recovering from a crash or flat tire, resting during a race, and evaluating the competition.

"A witty, engaging narrative style...[Robb's] approach is particularly engrossing." —New York Times Book Review A narrative of exploration—full of strange landscapes and even stranger inhabitants—that explains the enduring fascination of France. While Gustave Eiffel was changing the skyline of Paris, large parts of France were still terra incognita. Even in the age of railways and newspapers, France was a land of ancient tribal divisions, prehistoric communication networks, and pre-Christian beliefs. French itself was a minority language. Graham Robb describes that unknown world in arresting narrative detail. He recounts the epic journeys of mapmakers, scientists, soldiers, administrators, and intrepid tourists, of itinerant workers, pilgrims, and herdsman with their millions of migratory domestic animals. We learn how France was explored, charted, and colonized, and how the imperial influence of Paris was gradually extended throughout a kingdom of isolated towns and villages. The Discovery of France explains how the modern nation came to be and how poorly understood that nation still is today. Above all, it shows how much of France—past and present—remains to be discovered. A New York Times Notable Book, Publishers Weekly Best Book, Slate Best Book, and Booklist Editor's Choice.

Originally published in Holland in 1978, *The Rider* became an instant cult classic, selling over 100,000 copies. Brilliantly conceived and written at a break-neck pace, it is a loving, imaginative, and, above all, passionate tribute to the art of bicycle road racing. Not a dry history of the sport, *The Rider* is beloved as a bicycle odyssey, a literary masterpiece that describes in painstaking detail one 150-kilometer race in a mere 150 pages. *The Rider* is the ultimate book for bike lovers as well as the arm-chair sports enthusiast.

A moving and hilarious feel-good novel about male friendship, romance, intrigue, treachery and cycling.

In 1987, Joe Parkin was an amateur bike racer in California when he ran into Bob Roll, a pro on the powerhouse Team 7-Eleven. "Lobotomy Bob" told Parkin that, to become a pro, he must go to Belgium. Riding along a canal in Belgium years later, Roll encountered Parkin, who he saw as "a wraith, an avenging angel of misery, a twelve-toothed assassin". Roll barely recognized him. Belgium had forged Parkin into a pro bike racer, and changed him forever. *A Dog in a Hat* is Joe's remarkable story. Leaving California with a bag of clothes, two spare wheels, some cash, and a phone number, Parkin left the comforts of home for the windy, rainswept heartland of European cycling. As one of the first American pros in Europe, Parkin was what the Belgians call "a dog with a hat on" -- something familiar, yet decidedly out of place. Parkin lays out the hard reality of the life--the drugs, the payoffs, the betrayals by teammates, the battles with team owners for contracts and money, the endless promises that keep you going, the agony of racing day after day, and the glory of a good day in the saddle. *A Dog in a Hat* is the unforgettable story of the un-ordinary education of Joe Parkin and his love affair with racing, set in the hardest place in the world to be a bike racer. It is a story untold until now, and one that you will never forget.

**\*\*\*SHORTLISTED FOR THE TELEGRAPH SPORTS BOOK AWARDS 2020 – CYCLING BOOK OF THE YEAR\*\*\*** Prepare to be entertained as legendary Eurosport cycling commentator Carlton Kirby shares his tales from the road, taking you behind the scenes of the world's greatest cycle races. 'A genuine one-off with a ready wit and a killer anecdote to hand at all times' Ian

Cleverly, Rouleur 'Carlton Kirby is no ordinary cycling commentator, so it is not surprising that this very entertaining book is no ordinary Grand Tour on a bicycle. A very enjoyable journey for everyone' Phil Liggett MBE, NBC Tour de France commentator 'Carlton Kirby's infectious enthusiasm, wine tips and Shakespearean joy for inventing words makes every stage of a bike race a must-watch event' Matt Butler, i newspaper With a candid authority that comes from over 25 years commentating on the world's biggest cycling races, legendary Eurosport commentator Carlton Kirby isn't afraid to tell it like it really is. Witty, outrageous and often outspoken, Magic Spanner is an insider's view of life on cycling's Grand Tours, including the Tour de France, Giro D'Italia, Vuelta a España and the classics, all delivered in the inimitable style for which Carlton has become globally famous. Peppered with hilarious anecdotes of life on the road with Tour legend Sean Kelly, Carlton gives us an expert, behind-the-scenes view – one that the average fan rarely gets to see or hear about. As well as sharing his various bugbears (including crazy spectators in mankinis to the more serious issues of rider safety), Carlton also lifts the lid on team strategies, and delves into some of cycling's more questionable ethics. Delivering a mix of expert opinion and trademark wit, Carlton covers the funny, the serious and the more bizarre moments on the professional cycling caravan. This edition also includes Carlton's guide to watching bike racing - live at the roadside.

The classic bicycle road racing book first published in 1978 chronicles a 150-kilometer European road race and its competitors in vivid, realistic detail. Reprint.

The Rider Bloomsbury Publishing USA

When Saskia Ehlvest, a young Dutch girl, disappears from a rest stop along a highway in rural France, her lover, Rex Hofmann, cannot accept her disappearance and embarks on an obsessive search for her that spans years. Movie tie-in. 20,000 first printing. The National Book Award finalist and debut novel by the bestselling author of *The Dinner Party*: "A readymade classic of the office-novel genre. . . . A truly affecting novel about work, trust, love, and loneliness." --Seattle Times No one knows us quite the same way as the men and women who sit beside us in department meetings and crowd the office refrigerator with their labeled yogurts. Every office is a family of sorts, and the ad agency Joshua Ferris brilliantly depicts in his debut novel is family at its strangest and best, coping with a business downturn in the time-honored way: through gossip, pranks, and increasingly frequent coffee breaks. With a demon's eye for the details that make life worth noticing, Joshua Ferris tells a true and funny story about survival in life's strangest environment--the one we pretend is normal five days a week.

Embrace and revel in the stories of the toughest cyclists of all time, told by *The Velominati*, originators of *The Rules*. Read and get ready to ride . . . In cycling, suffering brings glory: a rider's value can be judged by their results, but also by their panache and heroism. Prepared to be awed and inspired by Chris Froome riding on at the Tour de France with a broken wrist or Geraint Thomas finishing it with a broken pelvis. In *The Hardmen* the writers behind cycling superblog *Velominati.com* and *The Rules* will tell the stories and illuminate the myths of not just the greatest cyclists ever, but the toughest. From Eddy Merckx to Beryl Burton, and from Marianne Vos to Edwig Van Hooydonk, the book will lay bare the secrets of their extraordinary and inspirational

endurance in the face of pain, danger and disaster. After all, suffering is one of the joys of being a cyclist. Embrace climbs, relish the descents, and get ready to harden up. . .

The new novel by the internationally acclaimed author- "a farce of nuclear proportions"(Vanity Fair) Arnon Grunberg is one of the most subtly outrageous provocateurs in world literature. The Jewish Messiah, which chronicles the evolution of one Xavier Radek from malcontent grandson of a former SS officer, to Jewish convert, to co- translator of Hitler's Mein Kampf into Yiddish, to Israeli politician and Israel's most unlikely prime minister, is his most outrageous work yet. Taking on the most well-guarded pieties and taboos of our age, The Jewish Messiah is both a great love story and a grotesque farce that forces a profound reckoning with the limits of human guilt, cruelty, and suffering. It is without question Arnon Grunberg's masterpiece.

Don't know what to do with your life? Drawn to so many things that you can't choose just one? New York Times best-selling author Barbara Sher has the answer--do EVERYTHING! With her popular career counseling sessions, motivational speeches, workshops, and television specials, Barbara Sher has become famous for her extraordinary ability to help people define and achieve their goals. What Sher has discovered is that some individuals simply cannot, and should not, decide on a single path; they are genetically wired to pursue many areas. Sher calls them "Scanners"--people whose unique type of mind does not zero in on a single interest but rather scans the horizon, eager to explore everything they see. In this groundbreaking book, you will learn: What's behind your "hit and run" obsessions When (and how) to finish what you start How to do everything you love What type of Scanner you are (and which tools you need to do your very best work)

"The holy grail for disillusioned cycling fans . . . The book's power is in the collective details, all strung together in a story that is told with such clear-eyed conviction that you never doubt its veracity. . . . The Secret Race isn't just a game changer for the Lance Armstrong myth. It's the game ender."—Outside NEW YORK TIMES BESTSELLER • WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD The Secret Race is the book that rocked the world of professional cycling—and exposed, at long last, the doping culture surrounding the sport and its most iconic rider, Lance Armstrong. Former Olympic gold medalist Tyler Hamilton was once one of the world's top-ranked cyclists—and a member of Lance Armstrong's inner circle. Over the course of two years, New York Times bestselling author Daniel Coyle conducted more than two hundred hours of interviews with Hamilton and spoke with numerous teammates, rivals, and friends. The result is an explosive page-turner of a book that takes us deep inside a shadowy, fascinating, and surreal world of unscrupulous doctors, anything-goes team directors, and athletes so relentlessly driven to win that they would do almost anything to gain an edge. For the first time, Hamilton recounts his own battle with depression and tells the story of his complicated relationship with Lance Armstrong. This edition features a new Afterword, in which the authors reflect on the developments within the sport, and involving Armstrong, over the past year. The Secret Race is a courageous, groundbreaking act of witness from a man who is as determined to reveal the hard truth about his sport as he once was to win the Tour de France. With a new Afterword by the authors. "Loaded with bombshells and revelations."—VeloNews "[An] often harrowing story . . . the broadest, most accessible look at cycling's drug problems to date."—The New York Times " 'If I cheated, how did I get away with it?' That question, posed to SI by Lance Armstrong five years ago, has never been answered more definitively than it is in Tyler Hamilton's new book."—Sports Illustrated "Explosive."—The Daily Telegraph (London)

At the end of the 19th century, Jim Crow laws still separated blacks from whites, and the excesses of the Gilded Age created an elite upper class. Major Taylor, a young black man, wanted to compete in the nation's most popular and mostly white man's sport, cycling. Birdie Munger, a white cyclist who once was the world's fastest man, declared that he could help turn the young black athlete into a champion. Taylor faced racism at nearly every turn. Kranish shows how Taylor indeed became a world champion, traveled the world, was the toast of Paris, and was one of the most chronicled black men of his day. -- adapted from jacket

Who is The Secret Cyclist and why all the secrecy? "Every public aspect of our lives is so tightly controlled that being truly honest is all but impossible in a newspaper interview, never mind a whole book. You try write a warts-and-all blog about your office. Question how the business is run, make sure you remember to call your boss a moron, and then tell me how it goes." He's ridden for World Tour teams for ten years. He's achieved top ten finishes in Grand Tours. He likes coffee. These are just a few details about the professional rider who wants you to know what the view looks like from the centre of the peloton. What do the riders really make of Team Sky? How does the pay structure work? Why should you never trust a kit endorsement from a professional? Is doping still an issue? The Secret Cyclist tackles the big questions head-on, revealing a side to cycling that fans have never seen before.

'Ah, I remember you: you're the guy who lost the Tour de France by eight seconds!' 'No monsieur, I'm the guy who won the Tour twice. The international bestselling autobiography of the legendary French cyclist Laurent Fignon Two-time winner of the Tour de France in the early eighties, Laurent Fignon became the star for a new generation. In the 1989 tour, he lost out to his American arch-rival, Greg LeMond, by an agonising eight seconds. In this revealing account, the former champion spares nobody, not even himself, and pulls back the curtain on what really went on behind the scenes of this epic sport - the friendships, the rivalries, the betrayals, the parties, the girls and, of course, the performance-enhancing drugs. Fignon's story bestrides a golden age in cycling: a time when the headlines spoke of heroes, not doping, and a time when cyclists were afraid of nothing. 'Sports book of the year: He's ruthlessly honest, about himself and about cycling, and he provides a gripping insight into an unrelenting hard world' Independent

Froome, Wiggins, Mercks—we know the winners of the Tour de France, but Lanterne Rouge tells the forgotten, often inspirational and occasionally absurd stories of the last-placed rider. We learn of stage winners and former yellow jerseys who tasted life at the other end of the bunch; the breakaway leader who stopped for a bottle of wine and then took a wrong turn; the dooper whose drug cocktail accidentally slowed him down and the rider who was recognized as the most combative despite finishing at the back. Max Leonard flips the Tour de France on its head and examines what these stories tell us about ourselves, the 99% who don't win the trophy, and forces us to re-examine the meaning of success, failure and the very nature of sport.

Every cyclist wants to get faster. Whether they're a weekend warrior, a crit specialist, or a charity cruiser, speed is the X factor that lets a rider ride strong, feel fresh, and thoroughly enjoy each ride. Get Fast! is the cyclist's go-to guide for gaining speed. In it, author Selene Yeager addresses speed from every possible angle, including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand-alone chapters on fitness and weight loss, stretching, nutrition and supplementation, motivation, and mental attitude. Together they present a complete and comprehensive guide to achieving one's top speed. Bolstered by a foundation in science and road-tested by Yeager and the editors of Bicycling magazine, the wisdom presented in Get Fast! will have riders and readers flying on the road, dirt, dirt roads, cross course, track—anywhere and everywhere they love to ride most—in no time at all.

Bob Roll is a former Tour de France racer, well-known scribe, and race announcer, and he's back to cause a ruckus! Bobke II (correctly

pronounced "BOOB-kuh" ) revisits all of the original journals of Roll's wild rides and crazy tales about cycling's uncensored side. When Bobke retired from competition, his pen continued the crazed poetic commentary, and Roll's newest additions cover both topics held reverent in cycling and also those that are hardly related to the sport. Bobke tips his cap to the classic riders and races, takes us on a grueling week of training with Lance Armstrong, tells the sport as he sees it, and entertains us with plenty of ditties and rants in between. It's a zany, often absurd, yet compelling commotion.

[Copyright: 86dbfb78528a629031c88d6a6f823ee0](#)